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SHIP *(taking)* SHAPE

Vancouver Shipyards starts \$7.3 billion national contract — and we get a first-hand look **metroNEWS**

Refunding revolution perking up

POP-UP DEPOT

Binners calling for coffee cup deposit program



Wanyee Li
Metro | Vancouver

Linda LePretre collected more than 400 paper coffee cups in just a few downtown blocks, earning her \$20 after she dropped them off at the Binners' Project pop-up depot Monday morning.

Organizers of the third annual Coffee Cup Revolution aim to show governments that setting up a deposit-return program for paper coffee cups would keep them out of landfills and provide another source of income for Vancouver binners, who already collect cans and bottles. The Binners' Project pop-up depot collected 48,000 paper coffee cups this year — the most ever.

"The money helps. I'm not hurting where I have to do this constantly, but I'm doing it because it should be recycled," said LePretre, who lined up with dozens others at the pop-up depot in Victoria Square.

Most paper coffee cups end up

in the landfill but the Binners' Project will give the 48,000 paper coffee cups it received Monday to Regional Recycling. A small amount of paper coffee cups can be recycled with regular paper, according to the company, but the plastic coating inside coffee cups prevents the item from being recycled en mass.

Advocates hope that by placing monetary value on coffee cups that would otherwise be thrown away, coffee-cup producers will come up with a fully recyclable product.

The Binners' Project fundraises throughout the year to provide enough money for the Coffee Cup Revolution event, where it gives people five cents for every coffee cup brought in. The organization's director wants to hold the event more often but can't because of insufficient funds.

"The refund for the cups, the 5 cents for each cup is money we raised in advance through donations and partner organizations. We wish to do it more but we can't because we are so understaffed," said Anna Godefroy.

City staff members attended Monday's event, including the general manager of engineering services and director of Waste Management.

Millennials say no to finance minister's views on precarious jobs **metroNEWS**



Feds target marketing in junk feud

LEGISLATION

Health groups applaud move to ban ads aimed at kids



David P. Ball
Metro | Vancouver

Have Happy Meals, Disney-decorated soda pops and B.C.'s own Pirate Paks reached their Canadian best-before date?

Hopefully, argue members of the Stop Marketing to Kids Coalition, after Monday's federal move to ban advertising unhealthy food and drinks to children.

But according to one B.C. pediatrician, who co-founded the national coalition, healthy eating advocates need to keep their "eye on the ball" — and voices at the table — to ensure the legislation proposed by Health Minister Jane Philpott is strong enough.

"We applaud it," Dr. Tom Warshawski, chair of the Vancouver-based Childhood Obesity Foundation, told Metro in a phone interview. "It's a reaffirmation that they're going to do something — and to do it with a regulatory approach."

"That would be huge, not just for obesity but active and healthy living in general. These foods and drinks we're trying



The Heart and Stroke Foundation BC & Yukon's Mark Collison — co-founder of the Stop Marketing to Kids Coalition — stands by a Denny's restaurant near the charity's Vancouver office. Behind him is an example of marketing to kids, he said. **DAVID P. BALL/METRO**

to restrict marketing of are unhealthy for everyone regardless of your weight."

Philpott, speaking at the Canadian Cardiovascular Congress in Montreal on Monday, said the goal of the marketing restrictions was to ensure Canadian parents are able to choose the healthiest options for their children.

Such a law would follow in



If they're going to define unhealthy foods and beverages, it has to be a really tight definition. Otherwise there will be so many loopholes that unhealthy foods could pass through.

Dr. Tom Warshawski, Childhood Obesity Foundation

the footsteps of an existing one in Quebec, and was directed in Philpott's mandate letter after

last year's election.

But Warshawski said the coalition hoped to see all food and

drink marketing phased out, not just those deemed "unhealthy," in case companies attempt to

dupe parents with healthy-seeming products still high in salt, sugar or fat.

"You'd get a halo effect where people are not aware that something is actually unhealthy," he argued.

Food and Consumer Products of Canada spokeswoman Joslyn Higginson said the industry is already "actively engaged in reshaping the children's marketing landscape for a number of years," according to a statement, warning that Philpott's proposal signals an "unprecedented amount of change" affecting "what's in our products, what's on our product packaging and how those products are marketed."

Philpott insisted any legislation would ensure it "allows industry time to catch up," and will begin roundtable consultations next month to hear concerns and feedback — including inviting the food and beverage sector to weigh in.

The Heart and Stroke Foundation, also a Stop Marketing to Kids Coalition co-founder, will also attend the consultations in hopes of convincing the government "to make this as comprehensive as possible," said the charity's health policy director Manuel Arango.

"For us, the really key piece is that we ensure we get legislation and regulations enshrined into law before the end of this government's current mandate."

RICK MERCER REPORT

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TONIGHT Rick is in for the spook of his life at "Fort Fright in Kingston" - the most haunted place in Canada.

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Public encouraged to go on modular housing tour

HOMES

City hopes to quickly build temporary dwellings



Jen St. Denis
Metro | Vancouver

A building technique used to quickly build temporary work camps in northern B.C. and Alberta is coming to the big city.

"We see an immediate need for modular housing to address homelessness and people on very low incomes who can find no place to live in Vancouver right now," said Vancouver Mayor Gregor Robertson at a press conference Monday.

"Whether it's appropriate on some sites for student housing or lower-income housing remains a question. We want to see how it goes initially with people who need it the most and how acceptable it is to residents in the city."

The city is encouraging the public to tour a model modular home this week on Robson Street by the Vancouver Art Gallery. The 250-square-foot suite is an example of a three-storey, 40-unit building the city plans to build on a vacant lot at Main Street and Terminal Avenue to house people who are homeless or at risk of becoming homeless.

The city has awarded the construction contract to Horizon North, a modular home company based in Calgary. The building will cost \$3.5 million to build and will be operated by a non-profit housing operator (that operator has not yet been determined). The city says it is looking for other funding partners to help with the cost.



A woman tours an example of a modular home apartment on Robson Street near the Vancouver Art Gallery on Monday.

JEN ST. DENIS/METRO



The idea behind the showcase is to ... hear what the public have to say about more modular housing within the community. Mukhtar Latif

Permanent housing normally takes two to three years to build, said Mukhtar Latif,

chief housing officer for the City of Vancouver. But modular buildings, which are manufactured and constructed off-site, then reassembled, can be built in about six months. The components can then be used again for another building.

The city wants to put prefabricated housing on 10 other sites that are currently sitting vacant and awaiting redevelopment.

"The idea behind the showcase is to ... hear what the public have to say about more modular housing within the community," Latif said, "whether that's family housing, laneway housing."

Modular housing companies are now looking for new opportunities as oil and gas

work has dwindled, said Jeff Thomas, vice-president of sales and marketing for Horizon North. The company has two production facilities in B.C. and one in Alberta.

While modular housing is often viewed as temporary, it's increasingly being used to construct permanent commercial and residential buildings, Thomas said. For instance, the company recently got a contract to build a 185-room Ramada Hotel in Revelstoke.

As long as the complaint is not thrown out, the next steps will be for the university to file its response and for the disclosure process to begin. THE CANADIAN PRESS

HUMAN RIGHTS

Mediation fails in sex assault case

A former UBC student who filed a human rights complaint over the school's handling of sexual assault reports says mediation ended unsuccessfully after 90 minutes on Monday.

Glynnis Kirchmeier says she cannot disclose what happened during the early settlement meeting due to a confidentiality agreement, but she is pushing ahead with her case.

She filed a complaint in March with the BC Human Rights Tribunal, which said UBC didn't act on numerous complaints about a male PhD student over long periods of time, resulting in more students becoming victims of sexual violence.

Kirchmeier says she filed the complaint both as an individual and on behalf of anyone who has alleged sexual assault, sexual harassment or sex discrimination to the university.

None of the allegations have been proven.

The university is currently consulting with students, faculty and staff on a draft policy, which has been criticized for continuing to rely on the school's general Non-Academic Misconduct process to discipline students accused of sexual assault.

"It's been a year since they promised to do better and I don't see them incorporating that promise in a way that makes me think that it's safe to drop the complaint," says Kirchmeier.

Kirchmeier says the tribunal has asked her and UBC to make submissions on whether her complaint was filed within the necessary time limit. The tribunal requires a complaint to be filed within six months of the most recent discriminatory action.

As long as the complaint is not thrown out, the next steps will be for the university to file its response and for the disclosure process to begin. THE CANADIAN PRESS

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First federal ship taking shape

Metro Vancouver was given a tour of Seaspan's growing Vancouver Shipyards as it starts to fulfill a \$7.3 billion national shipbuilding contract. **MATT KIELTYKA METRO**



Seaspan's Vancouver Shipyards, as they construct the first two vessels under the Government of Canada's national shipbuilding strategy on Oct. 20. ALL PHOTOS: JENNIFER GAUTHIER/METRO

It's impossible not to think of LEGO when seeing the busy work underway at Seaspan's Vancouver Shipyards on the North Shore.

Brick by brick, the larger-than-life pieces are starting

to come together: Literally, when it comes to the British Columbia company's obligations to build up to 17 vessels for the federal government as part of a \$7.3 billion contract under the National Shipbuild-

ing Procurement Strategy, and figuratively for what the rapidly expanding shipyard means for the future of shipbuilding on the West Coast.

The very first vessel under the government megaproject is

taking shape on the 44-acre site.

Every one of the 37 individual blocks of the Sir John Franklin, one of three fisheries vessels being built for the Canadian Coast Guard as part of the contract, has been cut, welded, put together, blasted and painted.

It is currently being outfitted and assembled together by 450 trades men and women with the backing of 365 engineers, designers, planners, managers and administration staff, 38

apprentices and the country's largest gantry crane.

In the 17 months since construction began, it is finally beginning to look like a seaworthy ship.

"You can see from the side here the profile of a vessel, as opposed to just a piece of LEGO," said Seaspan vice president Tim Page, harkening back to the colourful toy blocks of many engineers' and builders' childhoods. "This vessel is just shy of 50 per cent complete.

We'll put it in the water probably when it's 85 to 90 per cent complete and then we'll sail it over to our shipyard in Victoria for final outfitting and for the test and trials phase. There will be a lot of cheers and a lot of excitement that day."

The shipyards haven't been lacking excitement of late.

Since being awarded the NSPS non-combat contract Oct. 19, 2011, the Vancouver Shipyards has grown from 100 employees and all but one of the

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many purpose-specific buildings there are brand new.

The sudden growth has meant competition for the limited parking spots near the North Vancouver manufacturing complex is "cutthroat", as one employee described it.

The unlucky latecomers are shuttled in from a nearby lot being leased by Seaspan.

A new head office overlooking the Burrard Inlet is under construction.

On site, crews hustle around on bicycles from shop to shop, workers swarm over — and inside — the individual blocks of the Franklin like bees while steel cutters etch out new structural parts for the fishing vessel's sister ship, which is at an early stage of development, about 12 per cent complete.

Construction on the third fisheries vessel will begin by the end of 2016 and work on a fourth ship, an oceanographic vessel, is well into the planning and design phase.

At the height of the program, which is expected to sustain the shipyard for 15 years, Page said the employee count will more than double once more, up to 1,000 people.

"Every opportunity that I have to come out to the yard, we find something different," he said. "We find more people working in the yard. We find the first ship under an advance stage of construction. The next phase of construction in place with the second ship and the third of the fisheries vessels will begin construction soon. Every

week, every month, there is more happening in the yard and that just builds to the energy."

Winning the contract four years ago could not have come at a better time.

Seaspan CEO Jonathan Whitworth said shipbuilding on the West Coast, dating back to the late 19th century in the company's case, was on its "last legs".



The national shipbuilding strategy has provided us with that shot in the arm.

Tim Page

Other than maintaining its own fleet of tugboats and barges and the occasional contracted repair job, Page said shipbuilding was largely dwindling.

The last attempt to spur on the province's shipbuilding fortunes, with the failed fast ferries of the 90s, didn't exactly go according to plan.

"I think it was generally recognized that the shipbuilding industry in Canada was struggling. Certainly we were evidence of that on the West Coast," he said. "So really, the national shipbuilding strategy has provided us with that shot in the arm. By and large, the whole 44 acres has been converted by what had become a

moribund shipyard to a world-class facility now recognized in North America as the most modern of its kind."

With the stimulus comes pressure.

One of the consequences of the decades-long downturn in shipbuilding in British Columbia has been the loss of expertise.

A core of Seaspan shipbuilders from the industry's heyday have stuck around for now, delaying their hard-earned retirements to train up a new generation.

Three Canadian Coast Guard employees also work full-time out of the Vancouver Shipyards to make sure work is on track and to report back to Ottawa, if necessary.

Page said the company is pleased with progress so far but is picking up new efficiencies with each new breakthrough on the assembly line.

If all goes well, he believes the Lower Mainland will be left with a sustainable shipbuilding industry for decades to come.

But first, the first piece of the puzzle has to be finished and delivered to the Canadian government by the second quarter of 2017. All hands on deck.



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A single mom goes to Geneva

UNITED NATIONS

British Colombian speaks for eight women's groups



David P. Ball
Metro | Vancouver

After spending a year gathering "tragic" but compelling testimony about the struggles of single mothers in British Columbia, Viveca Ellis took their concerns before the United Nations in Geneva, Switzerland, on Monday.

The founder of the Single Mothers Alliance of B.C. — herself parenting a seven-year-old in Vancouver — raised women's rights concerns at the high-level committee that oversees the Convention on the Elimination of all Forms of Discrimination Against Women.

It was, the 40-year-old advocate admitted, "a huge opportunity for the Single Mothers Alliance," and a chance to join an "incredibly smart and dynamic group" of Canadian women's organizations addressing the committee.



Viveca Ellis, founder of the Single Mothers Alliance of B.C., stands in front of the United Nations headquarters in Geneva, Switzerland. MELANIE ANDERSON/CONTRIBUTED

"Everyone is working

together as a fantastic team, working around the clock, with solidarity across so many issues," she told Metro in a Facebook interview from Geneva. But Ellis also knew she isn't

just in Europe to represent those mothers who "came out, through the rain, dragging their kids along, to talk to us," she said.

She is also representing

"We can't sell ourselves short: we can't settle for anything less than the realization of our full human rights, as women and people."

Viveca Ellis, Single Mothers Alliance of B.C.

eight other B.C. organizations that selected her to represent their concerns about the state of women's rights in the province.

When the Alliance held its yearlong "Listening Project," one common concern from single mothers they met was trouble accessing the justice system, she said.

"We heard from scores of single mothers in poverty and not," she recalled. "The lack of access to legal aid as they journeyed through our family law system was tragic. They could not access legal aid when they were escaping domestic violence."

Concerns brought by Ellis and other women's advocates are being put to Canadian government representatives Tuesday, who Milne said would face a full day of questioning and have a chance to respond.

Other concerns raised Monday with the committee include the lack of a national childcare plan in Canada to make daycare affordable, as well as more than 1,200 missing and murdered Indigenous women.

Kendra Milne, with the West Coast Legal Education and Action Fund, is also part of the Geneva delegation.

"The international human rights treaties set the watermark for what we're all aiming for and making sure federal and provincial laws comply," she told Metro. "That has an impact on our reputation on the international stage."

"One of our fears is the new (federal Liberal) government will attend the review and just say, 'We're a new government, we're solving the problems' ... But there's still a lot of room for improvement."

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Morneau's views anger millennials

POLITICS

Minister says 'we have to accept' precarious employment

Ryan Tumilty
Metro
Ottawa

May Warren
Metro
Toronto

Opposition MPs, along with youth and labour advocates are hitting back at federal Finance Minister Bill Morneau for suggesting millennials should get used to working precarious jobs.

Speaking to Liberal Party insiders in Niagara Falls Saturday, Morneau said high turnover and short-term contracts for youth are here to stay and the government should prepare for it.

"How do we train and retrain people as they move from job to

job to job? Because it's going to happen. We have to accept that," Morneau said during a question-and-answer session.

Conservative MP Matt Jeneroux said Morneau's comments show the minister is "out of touch with a lot of the younger generation."

NDP MP Niki Ashton, who's been consulting with young people across Canada about employment, said Morneau's remarks were disappointing.

"These comments are arrogant, they're insensitive and they clearly speak to a disconnect between Mr. Morneau and his government and what millennials in Canada are facing," she said.

Morneau's office did not respond to a request by Metro for comment by deadline.

Aliya Bhatia, director of community engagement with the Toronto Youth Cabinet, said acknowledging precarious employment is not enough.

FREE EXPRESSION

Inmates find an outlet on radio show

Adina Bresge
For Metro | Halifax

Call-in shows on Dalhousie University's campus radio station have become a creative outlet for an unlikely audience — prisoners.

Inmates are taking to the airwaves to perform poetry and rap on the Black Power Hour, an educational program on CKDU co-hosted by former Halifax poet laureate El Jones. The show focuses on social and cultural issues relevant to black people, but is open all listeners, including those behind bars.

"I think what they have really connected to is the idea that they can have a voice beyond themselves," says Jones. "They have this role in creating something and they take that very seriously."

The poetic platform came about "organically," says Jones, and was largely driven by the prisoners themselves. She says Black Power Hour was spun off of another program on CKDU, Youth Now, at an inmate's request for more historical black content.

One of the first prisoners to



Black Power Hour host El Jones in studio at CKDU at Dalhousie University. JEFF HARPER/METRO

call into CKDU was Aiden Cromwell, who is currently awaiting a new trial after his second-degree murder conviction was overturned.

"That concrete jungle is never safe," Cromwell recently rapped on-air. "Gotta know when to pull it — Don't hesitate."

Soon after other inmates heard his performance, Jones says, the phones started lighting up.

In some jails, Jones says, prisoners have formed poetry collect-

ives to prepare their best material for the show. Some pay up to \$7 to call into the program, and Jones says inmates have written to her saying they stay on their best behaviour to preserve their radio privileges.

Free expression can be therapeutic for prisoners, Jones says, who use the show to work out issues related to race, gender, love, family, being in prison and the actions that brought them there. Some of her favourite calls came from female prisoners who

re-appropriated the machismo of hip hop to tell men "we're not interested."

The process of sending someone to prison can be silencing, Jones says. She says in court, your lawyer speaks for you, but on the radio, you don't "have" to say anything.

"When you do say something, it's because you're making a choice to say what you're saying," Jones says. "I think that can be a really important part of returning people's voices to them."

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Pakistani volunteers and police officers rush an injured person to a hospital in Quetta, Pakistan, on Monday, after gunmen stormed a police training centre in the restive southwestern province of Baluchistan. ARSHAD BUTT/THE ASSOCIATED PRESS

Attack kills dozens of police trainees

PAKISTAN

Authorities say group linked to al-Qaida may be responsible

Gunmen stormed a police training centre Monday in Pakistan's restive Baluchistan province and detonated explosive vests, killing at least 41 police trainees, authorities said.

Baluchistan's top health official, Noor Haq Baloch, said at least 106 people were wounded — mostly police trainees and some paramilitary troops.

Major General Sher Afgan, chief of the paramilitary Frontier Corps, told reporters that the attackers appeared to be in contact with handlers in Afghanistan. He said the attacker belonged to the banned Lashker-e-Jhangvi group, an

Islamic militant group affiliated with al-Qaida.

Haq said many of the trainees were killed when the gunmen detonated explosive vests.

Baluchistan Home Minister Sarfaraz Bugti said one of the attackers was killed by security forces and two detonated their explosive vests. He said security forces have completed their operation but were still engaged in the cleanup process.



They were rushing toward our building firing shots.

Unnamed police trainee

Bugti said at the time of attack about 700 trainees were at the base. He said more than 200 trainees were rescued immediately after the attack.

The attack started when between four and six gunmen opened fire as they rushed the hostel at the police training centre in a suburban area of the provincial capital of Quetta.

"They were rushing toward our building firing shots so we rushed for safety toward the roof and jumped down in the back to save our lives," one of the police trainees told Geo television.

Baluchistan police chief Ahsan Mahboob told reporters that four gunmen attacked the training centre, attempting to enter the hostel housing the trainees. A gun battle erupted when the guards resisted, he said.

Mahboob said forces surrounded the hostel. A statement issued by the military put the number of attackers at up to six.

THE ASSOCIATED PRESS

MILITANT THREAT

A dilemma for Iraqis near Mosul: Stay or flee

Bayda Muhammad Khalaf followed the government's advice to stay in her home with her husband and seven children as Iraqi troops advanced near their remote village outside militant-held Mosul. But after Daesh fled and Iraqi troops didn't appear, their food supply quickly ran out, and the family had to flee to search for territory firmly under government control.

Khalaf waited until she saw a passing shepherd, and then she and her family made the eight-hour walk out of no man's land

behind a herd of sheep.

Eventually, Khalaf couldn't produce enough breast milk for her infant daughter.

Mosul, the largest city controlled by Daesh, is still home to more than one million civilians. The government and international aid groups fear that a sudden mass exodus will overwhelm the few camps set up on its outskirts.

More than 5,600 people have already fled, according to the International Organization for Migration. THE ASSOCIATED PRESS

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ROBOTICS CHINA SHOWCASES CANBOT AT TECH SHOWCASE

Visitors look at the Canbot companion robot during the World Robot Conference in Beijing on Friday. The conference showcased China's burgeoning robot industry as the nation seeks to increase the use of robots in its manufacturing and service industries.

NG HAN GUAN/
THE ASSOCIATED PRESS



Belgium holds up EU trade pact

ECONOMY

Free-trade deal must be agreed to be all member states

The European Union and Canada tried to remain upbeat Monday about the prospects for their trans-Atlantic free trade pact despite a small Belgian region persisting in its refusal to back the deal.

After the setback early Monday, EU President Donald Tusk and Canadian Prime Minister Justin Trudeau spoke by telephone and the EU leader said afterward "there's yet time" to find a compromise solution.

A joint summit for signing the long-delayed trade deal is scheduled for Thursday, offering the two leaders and Belgian officials little time to persuade the Wallonia region.

Without all Belgian regions supporting the agreement, Belgium cannot sign, and the EU needs unanimity from all of its 28 member states.

"We encourage all parties to find a solution," Tusk said in a Twitter message.

Canada's International Trade Minister Chrystia Freeland says she, too, is still hopeful that a Canada-EU trade deal can be salvaged, but "the ball is in Europe's court."

The expressed optimism that a deal could be secured within days came as a surprise since Wallonia had said it has too many concerns to overcome by Thursday.

+ WALLONIA

The region: Wallonia makes up 55 per cent of Belgium.

Why they oppose it: Wallonian politicians say the trade agreement undermines labour, environment and consumer standards. A key hurdle is "private arbitration" where multinationals can legally challenge governments on policies.



The EU Commission, which has negotiated the deal on behalf of the 28 nations, insisted that this week's summit was not the final deadline.

Politicians in Wallonia, which is smaller than the U.S. state of New Jersey, argue that the proposed Comprehensive Economic and Trade Agreement would undermine labour, environment and consumer standards.

Proponents say it would yield billions in added trade through tariff cuts and other measures to lower barriers to commerce. At the same time, the EU says it will keep in place the region's strong safeguards on social, environmental and labour issues.

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IN BRIEF

Low-cal trend not enough

A top economic research organization says Canada's beverage industry will have to do more than rely on recent trends to reach its target for reducing the calories people consume through soft drinks and similar products amid concerns over obesity rates.

The Conference Board of Canada says the daily consumption of calories through non-alcoholic and non-dairy beverages dropped by 20 per cent per capita between 2004 and 2014, largely because of the marketing of low-calorie options. THE CANADIAN PRESS

Walmart, Visa step up feud

The dispute between Walmart Canada and Visa over merchant fees escalated Monday as the retail giant stopped accepting the credit card at its 16 stores in Manitoba. Walmart first refused Visa credit cards at its three stores in Thunder Bay, Ont., in mid-July, arguing that the financial services firm charges high fees to merchants.

Alex Robertson, a spokesman for Walmart, said the company pays more than \$100 million a year in credit card fees and is focused on reducing Visa transaction costs. THE CANADIAN PRESS

EMMA TEITEL ON THE VIRTUES OF BASICNESS

Because I myself am a little basic, and because I hail from an ultra-basic town, I am moved to defend the 'pumpkin entertainment complex.'



A few years ago when I was working at Maclean's Magazine, I wrote a column about the increasingly popular term "basic bitch," an epithet used to describe young women who embrace, with unapologetic zeal, anything and everything mainstream — from fashion and literature to music and beverages.

In the piece I argued that though many believe "basic bitch" is a strictly pejorative term, thousands of women (some of my own best friends, included) have chosen to reclaim it in a playful, self-deprecating way. For example, one Basic B might say to another: "OMG, I live-tweeted the Bachelor last night. How basic am I?"

BBs, as I like to call them — or us — vary from culture to culture, but the archetypal North American Basic Bitch is (despite the term's origin in hip hop) widely regarded as a well-to-do white girl who fancies Uggs boots, Taylor Swift, frozen yogurt, throw pillows embroidered with alliterative wisdom (live, laugh, love,) and the be-all-end-all of basicness: the PSL, a.k.a. the pumpkin-spice latte.

The PSL is Starbucks' most popular fall beverage: a hot, sweet sludge, originally launched in 2003, that skyrocketed to viral fame circa earlier this decade, when BBs began documenting themselves indulging in the autumnal drink on social media.

When I wrote my basic-bitch piece in 2014, I got a lot of flak for advocating that women reclaim what many

believed to be a sexist and derogatory term. Little did I know, however, that just a few years later, it would that appear everyone under the sun

University of British Columbia and the University of North Carolina, the pumpkin spice economy — a corporate cornucopia of pale orange bath



BASICALLY HARMLESS A fondness for pumpkin spice may be hard to defend on esthetic terms, but there has to be something redeeming about something so popular. CONTRIBUTED

— not just millennial white women named Caitlyn and Mackenzie — would be in a position to reclaim the term. Because it appears everyone under the sun is now following one of the core tenets of basicness: the love of all things pumpkin spice.

Today "pumpkin spice" is literally everywhere: from Starbucks to school cafeterias, and bars to bathrooms (where you can find pumpkin spice soap and pumpkin spice martinis.) Last year Forbes estimated that the "pumpkin spice economy" was worth \$500 million. In other words, we are all a little bit basic.

Or are we? According to a seemingly silly but fascinating study published last year called The Perilous Whiteness of Pumpkins, by researchers Lisa Jordan Powell and Elizabeth S.D. Engelhardt, from the

bombs, baked goods, specialty beers and even hairspray — is indicative of white privilege and wealth.

"Even when we move away from ephemeral flavors of pumpkin and pumpkin spice," the researchers argue, "whiteness and cultural symbols cluster around visual images of pumpkins. Aspirational lifestyle magazines, social media pumpkins and reality television competitions come together in a veritable pumpkin entertainment complex, whose multiple manifestations continue the entanglements of pumpkins, social capital, race and place."

I find this idea profoundly interesting, and I understand where the researchers are coming from. I haven't seen many people who aren't well-heeled, white and female shell out seven bucks for a PSL at

Starbucks.

But because I am myself, let's face it, a little basic, and because I hail from the ultra-basic town of Richmond Hill, Ont., I am moved to defend the "pumpkin entertainment complex."

Yes, I am aware that when we indulge in all things pumpkin spice and flaunt our pumpkin spice products online we are flaunting our status as members of an unthinking, capitalist cult.

But I am aware of something else, too, something arguably far more important than this. It's fall outside.

Look at the colours! Look at the leaves! The sweaters! The charming satchel bags!

It's impossible to be a cynic, in the end, about the Pumpkin Spice Industrial Complex, because what it points to, more than class or privilege, is a totally nerdy, innocent and almost childlike excitement about the changing of the seasons.

And that's the surprisingly neat thing about so-called "basicness." A love of all things mainstream can present itself as an ode to capitalism. But it can also present itself as a radical rejection of cool.

For example, almost every coffee shop in my Toronto neighbourhood, even the most hipster ones imaginable, have begun advertising homemade, pumpkin spice products. When I asked a barista recently why there were so many pumpkin-derived snacks on display in his store this week, he said, matter-of-factly, with a rare smile on his face, "It's just something nice to ring in the fall season, ya know?"

It's a cold world out there. There's no shame in warming up by a fire with a PSL and a good book. If you need a recommendation, I hear Nights in Rodanthe, by Nicholas Sparks, is fantastic.

Emma Teitel is a national columnist for the Toronto Star.

McCann case reveals limits of justice system

URBAN COMPASS
Petti Fong



It's been a long and rocky road to get justice for Lyle and Marie McCann.

The Alberta couple disappeared while driving to Abbotsford for a family reunion. They were last seen alive on July 3, 2010, fueling up their well-loved RV north of Edmonton in St. Albert.

Their bodies have never been found. Their deaths are known to be not accidental.

In an Edmonton court next week, Travis Vader will know whether the verdict that convicted him of second-degree murder in the deaths of the McCanns will be overturned. There are a number of possibilities of what may happen Oct 31 in the courtroom, says Vancouver defence lawyer Mark Gervin.

Vader could be granted a mistrial as his lawyers want, the sentence will be upheld, in which case it will be kicked up to a higher court for an appeal by his defence or a manslaughter sentence will be substituted in without a new trial being held.

"It's a big enough crack that there are a number of options. But regardless, the judge has to fix this. I tell my students that mistakes happen but it's how you deal with it afterwards that matters," he says.

Even in this final stage of the lengthy court proceedings, the only certainty is how very unusual this entire case has been for the last seven years. It seems

that everyone along the line has somehow in some way made some mistake.

The police initially downplayed the McCanns' disappearance then failed to disclose all evidence to the crown and defence. Parliamentarians past and present should also shoulder some of the blame for not finding the time to remove section 230 in the Criminal Code, keeping it technically alive, but legally unsupported.

"It's fair and correct to say an error of this nature and magnitude is very rare," says University of Alberta law professor Steve Penney.

It's also possible to consider the role the media and the declining resources of newsrooms play in the errors. The verdict in the Vader case was live-streamed after the media in Alberta petitioned successfully for it to be done so for the first time ever.

No newsroom these days has the resources to devote a reporter to cover a trial from beginning to end, but public interest dictated that the verdict must be covered. No one actually blames livestreaming for the mistakes made by the justice system, but it does point to a stretching of resources.

Compound these unusual circumstances and errors, including the last and latest mistake by Justice Denny Thomas, and you realize at so many junctions along the way, this was a case that could have been completely derailed.

That's when you realize that this is after all a human business with all the fallibility that humans make in the pursuit of justice.

What the Pumpkin Spice Industrial Complex points to, more than just class or privilege, is nerdy excitement about changing seasons.

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Vegans with mouths to feed speak out

NUTRITION

Restrictive diets for kids can be safe, advocates say

There's a right way and a wrong way to raise a baby on vegan food. Those who get it wrong, parents say, give the responsible ones a bad name.

A Pennsylvania mother claiming to be vegan was charged this month with child endangerment for feeding her baby nothing but small amounts of nuts and berries. In Italy, after a number of vegan babies required hospitalization for malnourishment, a lawmaker this summer proposed a bill that would make it a crime to feed children under 16 a vegan diet.

Those cases are not about veganism at all, but are instead about neglect, say parents who are raising their children vegan. Pinning bad parenting on vegan diets, some say, unfairly stigmatizes those who have done their homework and are safely raising their babies without feeding them animal products like meat and dairy.

"They stress the elements of veganism in these stories, but it's not that these people aren't giving their children the right kind of food, it's that they aren't feeding them," said Fulvia Serra, of Fort Collins, Colorado. The native of southern Italy is raising her 1-year-old son vegan, and her



Vegan mother Fulvia Serra holds her 1-year-old son, Sebastiano, at home in Fort Collins, Colo. **Serra, originally from Italy, and her husband, Scott, are raising their son vegan.** Despite criticism and innuendo from some circles, pediatricians and nutritionists agree it's perfectly healthy to feed babies a vegan diet. AP PHOTO/BRENNAN LINSLEY

12-year-old daughter is vegetarian.

"To get a child to the point of starvation, it means you are ignoring him and his crying all the time," she said. "It's neglect."

The American Academy of

Pediatrics' book *Pediatric Nutrition* devotes a chapter to vegetarian and vegan diets. It describes how, with sound nutrition and dietary planning, "it is possible to provide a balanced diet to vegetarians and vegans."

"For children in general you can have a safe vegan diet, but it has to be in consultation with a pediatrician or health care provider," said Dr. Sheela Magge, an endocrinologist at the Children's National Health System. "These

are critical times in brain development, and it has to be done carefully."

The ideal first food for babies is breast milk, Magge said. Many vegan moms opt to breastfeed, but for those who can't or don't, the only



These are critical times in brain development, and (a vegan diet) has to be done carefully.

Dr. Sheela Magge, endocrinologist

other option is a soy-based formula.

Key nutrients for babies are Vitamin B-12 and Vitamin D, as well as iron, zinc and calcium, Magge said. Getting enough B-12, which comes from milk and eggs, is a specific concern in the vegan diet, since a shortage can lead to neurological problems.

As babies nurse less and start consuming more solid foods, parents need to make sure all the nutrients necessary for proper development are being provided.

A pediatrician can help guide parents and offer supplements if needed.

Parents raising vegan kids need to be armed with facts, like being able to rattle off which foods and supplements are providing adequate vitamin B-12 and protein and where their kids are getting calcium.

For those who would question the safety of raising vegan babies, her suggested response is: "The doctors say we are doing it right."

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The struggle for female chefs

FOOD INDUSTRY

Jamie Oliver says diversity needed in kitchens

Melita Kuburas
Metro | Canada



There's a downside to being one of the most recognizable faces in the restaurant business, such as being asked for a selfie while going to the toilet.

"It does get a little bit weird sometimes," jokes Jamie Oliver during a recent drop-in to his restaurant at Toronto's tony Yorkdale mall.

But the upside of fame is the power to bring attention to different issues in the food industry (Oliver even got the ear of the prime minister this month, speaking about child obesity). His latest comments during his trip to Canada, where he has two restaurants in partnership with King Street Food Company, show an attempt to tackle gender disparity in the business.

"In the U.K., we're at 11 per cent (women) in the kitchen. And that's probably about 50 per cent higher than the average," he says, about his staff. He would like to see a more even gender split, "but we struggle to get them into the business," Oliver adds.

"The reason we want (women) in the kitchen isn't to be politically correct. It's



Celebrity chef Jamie Oliver says only 11 per cent of the kitchen staff in his U.K. restaurants are women. Simona Bonelli, executive chef at Jamie's Italian Canada at Yorkdale mall, hopes to change that figure here in Canada. CHRIS YOUNG/THE CANADIAN PRESS; METRO

because they look at stuff differently; they see things differently. They make a kitchen flow differently and that's what we want."

While the 11 per cent statistic for female chefs is about the same in Oliver's Canadian restaurants, the executive chef at the fast-paced Yorkdale location — where they serve up to 1,100 people on a typical Saturday night — is a woman. Simona Bonelli has worked in Europe and North America for the past 20 years and says there has "always



been a lack of female chefs, for sure."

At Jamie's Italian Canada,



If you are one of those people who is athletic or enjoys the rush of working in a kitchen, it doesn't matter whether you're male or female.

Christine Beard, Executive Pastry Chef
Instructor, Pacific Institute of Culinary Arts

she keeps an upbeat mood by making the staff laugh and having co-workers take over



"In pastry, you're lifting 50-pound bags of flour, 25-kilo boxes of butter. You've got sheet pans and racks and you're taking out large slabs of cakes in and out of the freezer, so it is very labour intensive," she says.

Beard, who was part of the pastry team at Fairmont Washington DC and helped open Bouchon in Beverly Hills, says an increasing number of women are choosing to stay in the industry because they have more female mentors. "Having women in those positions makes it more feasible as a young student coming in ... to see yourself taking a leadership role in the industry."

At the Pacific Institute of Culinary Arts, where they take in 60 students per term, the gender split this fall was 50/50, whereas six years ago it used to be about 70/30, male dominated, says Julian Bond, executive chef and VP.

He believes the stereotypical ego-driven, male-dominated culture that might turn both men and women off from getting into the business is "so old school."

Yes people swear, but gone are the days of fraught relationships between front and back, and day and night workers, he says.

Beard agrees, noticing a considerable change in the last few years especially.

"It's come to that point now in our industry that people are not as accepting of that behaviour, and if you don't respect your staff, then your staff are going to leave."

HEALTH BRIEFS

Researchers disprove a very Canadian cliché

That legendary Canuck kindness, a new study suggests, might be a myth after all.

A paper in the journal Cross-Cultural Psychology ranked Canada 12th in the world in terms of empathy — five slots below famously individualistic Americans.

Researchers measured empathy, which they defined as "emotional reactivity to others' experiences," through a series of surveys looking at people's level of concern about others' misfortune and ability to put themselves in others' shoes.

More than 100,000 people in 63 countries participated, although the sample sizes varied widely by region. GENNA BUCK/METRO

HEALTH CANADA

Access for abortion pill lacking: Experts

Sexual health advocates are intent on making Canada the most permissive country in the world for a heavily regulated abortion pill expected to hit shelves next month.

Mifegymiso has been available elsewhere for nearly 30 years and is approved for use in more than 60 countries with varying restrictions.

In some cases, that includes the demand that only a doctor be allowed to hand the drug to the patient — rather than a pharmacist — and that the woman swallow the pill at a clinic in front of her physician, instead of privately in the comfort of her own home.

It appeared similar restrictions were imposed when Health Canada approved the drug, but on-going pressure seems to be loos-

ening several key conditions as its November debut approaches.

The federal regulator issued a clarification last week stressing that a woman does not need to ingest the drug in front of a doctor at a clinic.

Meanwhile, a call-to-action led by the B.C. doctors and advocacy groups including the Ottawa-based Action Canada for Sexual Health & Rights is hammering away at other perceived hurdles to accessibility: including its \$300 cost and limiting use to no more than seven weeks after a woman's last period.

"Why should abortion medication be subject to that scrutiny? It shouldn't be," executive director Sandeep Prasad said of the myriad restrictions on the drug, also known as RU-486.

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Shakespeare to share credit with Marlowe

NEW RESEARCH

Oxford gives credit to Christopher Marlowe

The Bard was not a solo act. Oxford University Press' new edition of William Shakespeare's works will credit Christopher Marlowe as co-author of the three Henry VI plays, underscoring that the playwright collaborated with others on some of his most famous works.

Marlowe, a playwright, poet and spy, will share billing in the latest version of the New Oxford Shakespeare being published this week. While scholars have long suspected that Shakespeare's plays included the work of others, new analytical methods helped researchers conclude that sections bore the hallmarks of Marlowe's hand.

"Shakespeare, like other geniuses, recognized the value



Oxford University Press will put Christopher Marlowe as co-author on some of Shakespeare's plays. ISTOCK

of other people," Gary Taylor, a professor at Florida State University and the principal investigator of the new work, said Monday.

"What is Shakespeare famous for? Writing dialogue — interactions between two people. You would expect in his life there would be dialogue with other people."

A team of 23 internation-

al scholars looked afresh at the man many consider the greatest writer in the English language.

The challenge, put simply: If one is going to compile the complete works of Shakespeare one first has to determine what they are.

Five of the world's most senior Shakespeare scholars — Taylor, Hugh Craig at the University of Newcastle in Australia, MacDonald P. Jackson at the University of Auckland in New Zealand; Gabriel Egan at De Montfort University, Leicester and John Jowett of the Shakespeare Institute at the University of Birmingham — had to be convinced of the issues of authorship in the works.

The editors concluded that 17 of 44 works associated with Shakespeare had input from others.

The scholars used computerized data sets to reveal patterns, trends and associations — analyzing not only Shakespeare's words, but also those of his contemporaries.

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JOHANNA SCHNELLER WHAT I'M WATCHING

Ignorance and bomb droppings

THE SHOW: Third U.S. Presidential Debate, Oct. 19, 2016
THE MOMENT: The Mosul question

An hour into the 90-minute debate, moderator Chris Wallace (excellent) asked Hillary Clinton if she would deploy U.S. troops to Mosul. She answered no, and gave a few reasons why.

Though the fighting will be tough, she continued, our allies must press into Syria to take Raqqa.

She praised U.S. advisors and condemned Russia. She recommended an intelligence surge with support from the air. She promised to push for tougher gun laws to keep terrorists from buying weapons, and for a no-fly zone in Syria, to help "bring conflict to an end, and go forward on a political track."

Asked the same question, Trump said, "Let me tell you, Mosul's so sad. We had Mosul. But when she took everyone out, we lost Mosul... Douglas MacArthur, George Patton, spinning in their graves when they see the stupidity of our country... The only reason (our allies are going into Mosul now) is because she's running for president, they want to



Donald Trump and Hillary Clinton. CONTRIBUTED

look tough. He violated the red line in the sand and he made so many mistakes. He made all the mistakes... Iran should write us a letter of thank-you."

Over this past week, Clinton's substantive answers were swept aside as usual, as social media exploded with the bombs Trump dropped: calling Mexicans "bad hombres" and Clinton "such a nasty woman," and choosing to "leave you in

suspense" about whether he'd honor the democratic process.

But it's his utter ignorance about foreign policy that haunts me most. I bet Angela Merkel is also shivering — and that Trump thinks she's nasty, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Game's lovable losers aim to end respective droughts

WORLD SERIES

Lester is Cubs' starter, Kluber is Indians' for Game 1 in Ohio

The last time the Cleveland Indians won the World Series, Dewey led Truman in the polls. The Chicago Cubs' last title was 13 days after the first Ford Model T car was completed.

Lovable losers known for decades of defeat meet in this year's championship, a combined 174 seasons of futility facing off starting Tuesday night at Progressive Field.

Cleveland's last title was in 1948, when 16 teams from the East Coast to St. Louis competed in a just-integrated sport. The Cubs are trying to win for the first time since 1908, a dead ball-era matchup at a time home runs were rarities along with telephones.

No player is alive from the last championship Cubs or even the last to make a Series appearance — Tuesday marks the 25,948th day since the Cubs' Game 7 loss to Detroit in 1945. One player remains from the 1948 Indians, 95-year-old Eddie Robinson.

"It seems like it's just forever," Robinson said Monday from his home in Fort Worth, Texas.

One team's fans will let loose with the celebration of a lifetime. But while history weighs



Cubs third baseman Kris Bryant warms up during a team practice on Monday in Cleveland. DAVID J. PHILLIP/THE ASSOCIATED PRESS

174

Number of seasons between both Cleveland and the Cubs since either won the World Series

on the supporters, Cubs manager Joe Maddon focuses his players with a now-centred battle cry of "Win the Inning!"

Both teams worked out under cloudy skies as the new 59-by-221-foot scoreboard behind the left-field seats. While the Cubs play in Wrigley Field, the 102-year-old brick-and-ivy jewel on Chicago's North Side, the Indians are in a 22-year-old throwback-style ballpark originally called Jacobs Field.

Led by Kris Bryant and An-

thony Rizzo, the Cubs led the major leagues with 103 wins during the regular season, then beat San Francisco and Los Angeles in the playoffs. But since

the playoffs expanded in 1995, only four teams with the best regular-season record won the title: the 1998 and 2009 New York Yankees, and the 2007 and 2013 Boston Red Sox.

Jon Lester, 7-1 in his career against Cleveland, starts for the Cubs and Corey Kluber opens for the Indians. Lester is 2-0 with a 0.86 ERA in three post-season starts this year and 3-0 with a 0.43 ERA in a trio of Series outings.

Kluber pitched shutout ball

twice in the playoffs before allowing two runs in five innings in Game 4 at Toronto.

Chicago appeared likely to include outfielder Kyle Schwarber, out since tearing knee ligaments on April 8. A person with direct knowledge of the situation told The Associated Press on Monday that Schwarber was travelling to Cleveland, but the person did not know yet if the slugger would be on the roster.

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NBA

Pressure is all on Warriors, Kerr says

Steve Kerr joked around on what became a post-mosh Monday, feeling some of the natural pressure before his Golden State Warriors get going at last with all the weight of trying to win another NBA championship on their star-studded shoulders.

The reigning NBA Coach of the Year said he cut short practice given Kevin Durant's jostling in the mosh pit at a Kanye West concert the previous evening.

"He got a great workout last night," Kerr said with a smile.

Kanye performed at Oracle Arena, where KD will become THE show Tuesday night for the defending Western Conference champions. And MVP Stephen Curry, too, of course.

"We all have pressure. That's a good thing," Kerr said Monday.

"We know how lucky we are to be together with this group. We understand the responsibility that comes with it, and that's fine. It's a good position to be in."

Durant will make his highly anticipated Warriors regular-season debut when the San Antonio Spurs visit Oakland on Tuesday night.

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Kevin Durant
GETTY IMAGES

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Seahawks left with mixed feelings after unlikely tie

NFL

Hauschka misses 28-yard field goal in overtime

The first tie in the history of the Seattle Seahawks left Pete Carroll searching for a way to define its meaning.

It certainly wasn't a loss. Not with the way Seattle's defence withstood the most difficult of conditions, being subjected to 95 plays by one of the more potent offences in the NFL and more than 46 exhausting minutes spent on the field.

But it also didn't feel much like a victory after Steve Hauschka badly missed a 28-yard field goal attempt in the closing seconds of overtime.

So less than 24 hours after walking off the field in Arizona, Carroll was still searching for the proper context to Sunday's 6-6 tie with the Cardinals.

"I've decided to make up our own place. We're going to put this in the extraordinary experience of battling, an opportunity to demonstrate who we are and what we're about," Carroll said.

"And again, learn how to believe in one another. Count on each other to get stuff done even when it's really bleak



Seahawks kicker Stephen Hauschka misses a field goal in overtime against the Cardinals Sunday. CHRISTIAN PETERSEN/GETTY IMAGES

sometimes. You just keep hanging on, keep believing."

Carroll had reason to be so encouraged after seeing the performance by Seattle's defence that somehow kept Arizona out of the end zone but left the likes of Bobby Wagner and Richard Sherman severely fatigued after being on the field for 46 minutes and 21 seconds, believed to be the ninth-longest time of possession in a regular-season game.

"You just keep hanging on, keep believing."
Pete Carroll

The Seahawks gave up 443 total yards to Arizona, but huge plays in overtime by Earl Thomas, Kelcie McCray and Wagner managed to keep

Arizona from finding the end zone and created the situation where Chandler Catanzaro missed a 24-yard field goal attempt that could have won it for the Cardinals.

Between defence and special teams, McCray was on the field for 108 total plays.

"There was a bunch of guys that did a lot. It was a game of heroics," Carroll said.

"I don't know if they see it that way. I see the stuff on

their side too that you admire. But we had a bunch of guys that did some great things and played a ton of plays and were able to survive it."

Carroll said the team will be mindful of the rest and recovery needed for his defence this week before Seattle makes the road trip to New Orleans for an early kickoff Sunday.

"You'll see some names and things for different reasons to make sure our guys are bouncing back because right now it's about recovering," Carroll said.

"We didn't get banged up much, but there will be a recovery mode here that we have to be in and make sure we get out of it and come out strong and fast and ready to play next weekend."

While the accolades were deserved for Seattle's defence, managing just six points raised more questions regarding Seattle's offence and specifically the protection by the offensive line.

Seattle had only five first downs and 130 yards of offence in regulation.

Quarterback Russell Wilson was sacked just once, but was rarely comfortable throwing from the pocket. Seattle had very little success running the ball and faced numerous long yardage situations on second and third downs due to penalties.

THE ASSOCIATED PRESS

IN BRIEF

Dolphins' Foster retires

Four-time Pro Bowl running back Arian Foster has announced his retirement midway through an injury-plagued season with the Miami Dolphins.

Foster, 30, tried to come back from a torn Achilles tendon, but was slowed this season by groin and hamstring injuries. THE ASSOCIATED PRESS

Newton injures both knees against Broncos

Houston Texans right tackle Derek Newton has been carted off the field after hurting both knees while blocking Denver Broncos pass rusher Von Miller.

The Texans had no further updates on Newton. THE ASSOCIATED PRESS

Gallagher lifts Canadiens over Flyers 4-1

Brendan Gallagher scored late in the third period as the Montreal Canadiens beat the Philadelphia Flyers 3-1 on Monday night to extend their winning streak to four games.

First-place Montreal remains the only NHL team unbeaten in regulation time. Shea Weber and Alexander Radulov, into the empty net, also scored for Montreal (5-0-1). Carey Price made 31 saves for his third consecutive win to start the season.

Jakub Voracek scored the lone goal for the visiting Flyers (2-3-1). Steve Mason stopped 30 of 32 shots in defeat. THE CANADIAN PRESS

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RECIPE Spicy Carrot Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

• Plain yogurt to garnish

Soup season is now in full swing and you'll want this simple, flavourful bowl of goodness in your roster.

Ready in 40 minutes

Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients

- 2 Tbsp of olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 inch of fresh ginger, minced
- 1 tsp chili
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 3 or 4 carrots, peeled and chopped (enough for about 3 cups)
- 3 cups low sodium vegetable or chicken stock
- Juice of half a lemon (about 2 or 3 Tbsp)

Directions

1. Warm a glug or two of olive oil in a large pot or Dutch oven over medium heat.

2. Sauté onions, garlic and ginger for about 2 minutes. Stir in spices and cook for another minute or so. Add carrots and stir well until they are coated lightly in oil and spice. Add stock and increase the heat until it boils. Reduce and allow to simmer for about 20 minutes or until carrots are quite tender.

3. Purée in small batches until the soup is quite smooth. You may need to add a little water or stock to thin it if it's too thick. Stir in lemon juice. Taste and check seasoning.

4. Serve garnished with yogurt.

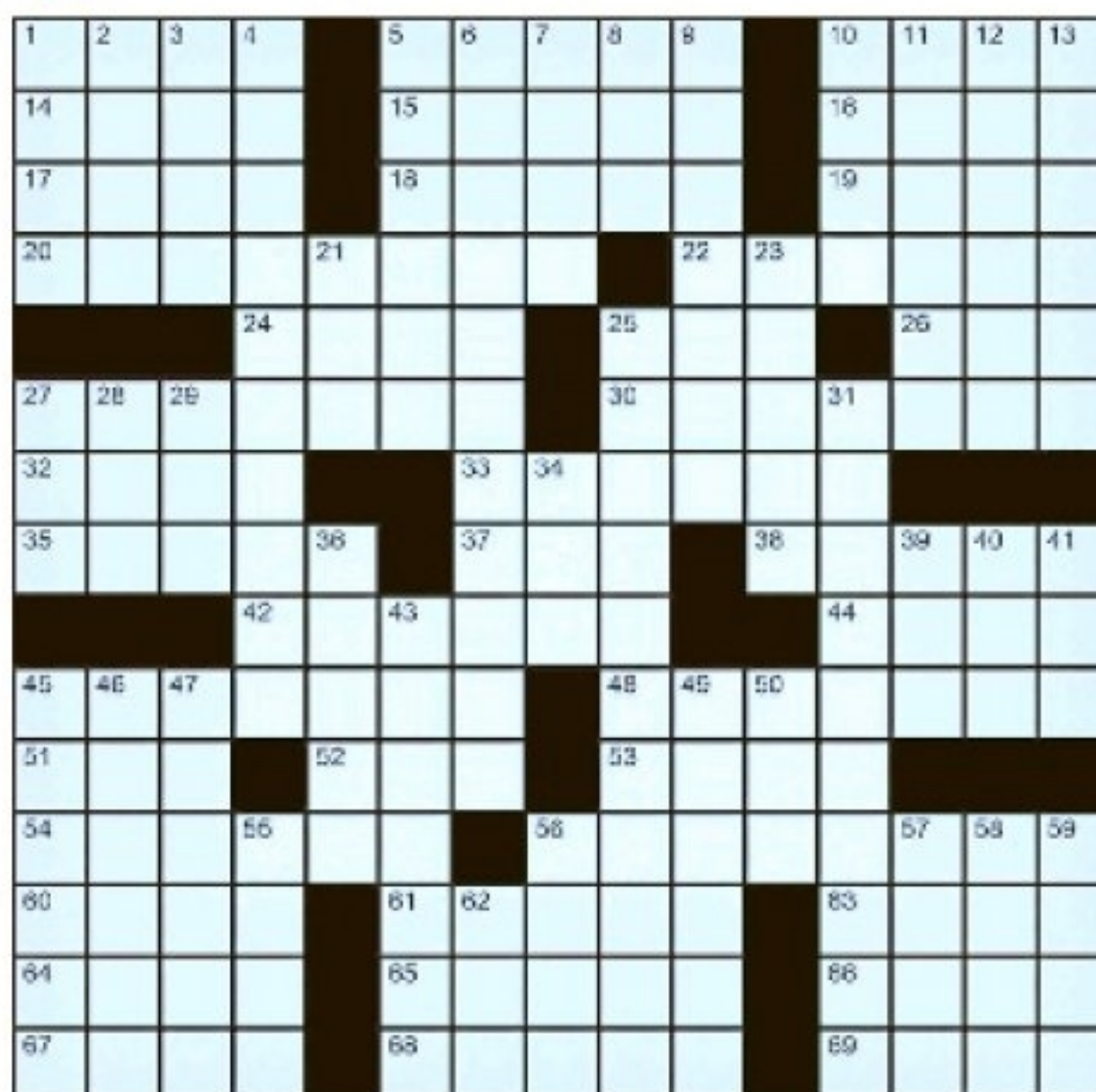
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Radio ___" by Queen
5. Horde
10. Mouse-murdering machine, maybe
14. Solemnly affirm
15. Hot chocolate
16. Blue Rodeo tune
17. Branch
18. Ant, archaically
19. Neither Liberals nor Conservatives, for short
20. Recipient, in law
22. Bring*in goods from beyond
24. Classic jukebox hit: "___ Angel"
25. Tissue's thickness
26. Bitty
27. ___ of Ireland aka 'Canada's Titanic' (Ocean liner which sank in the St. Lawrence in 1914)
30. Glands that pump one up when one is pumped up
32. Earth goddess in ancient Greek mythology
33. Made up of two
35. "You ___ Be" by Des'ree
37. Semi
38. Ships' steerers
42. Get
44. Telegram
45. ___ luggage
48. Most yucky
51. Colour characteristic
52. Downcast



53. Origin
54. Dwell
56. First-___, as on a sports team
60. Military air assault
61. Get ready to golf: 2 wds.
63. Roof's overhang

64. Old Icelandic literary work
65. Makes straighter
66. Tread
67. Come across as
68. Scope
69. Parliament Hill VIPs

DOWN

1. Big swanky event
2. Hertz rival
3. Jeweller's jewels
4. Dispute's decision decider
5. Backdrops

6. Canadian Clothing... MiiK, for one: 2 wds.
7. Pinnacle
8. 1962: "Sheila" singer Tommy
9. Oz folk tune: "Waltzing ___"
10. Jaunt
11. Fame

12. Mr. Bocelli of song
13. Pale paint in a painting
21. "You don't say!"
23. Frankincense and ___
25. Nunavut tourist destination called 'Switzerland of the Arctic' because of its beautiful landscape
27. Something scrambled
28. ___ jacket
29. Plum toss away
31. Testifying by-stander
34. Twelve-divided-by-four's fancy answer
36. One is seemingly bottomless
39. Fish story
40. Married title
41. Place down
43. Breakfast appliance
45. Household tasks
46. Song of dawn
47. Inhabit a habitation
49. Murder mystery's main 'man', maybe
50. Ornamental carp
55. Dutch cheese
56. Visible
57. Fence's door
58. All square
59. Barbell-user's units, commonly
62. Supermodel Ms. Herzigova

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might develop a crush on someone who is different, exotic or from another culture or a different country. Be careful, because this very likely is an unstable situation.

Taurus April 21 - May 21
Despite your good intentions of helping someone else today, be careful. You have to be realistic and consider your own needs as well. There is such a thing as "idiot compassion."

Gemini May 22 - June 21
Don't expect too much from a friend or partner today. If you do, you likely will be disappointed. Remember: Unexpressed expectations almost always lead to disappointment.

Cancer June 22 - July 23
Co-workers might be supportive today; nevertheless, their assistance might hinder you more than it helps you. Use caution!

Leo July 24 - Aug. 23
Romantic relationships are unstable today. Some might end and others might begin, but they're really just a pipe dream. (It's sad but true.)

Virgo Aug. 24 - Sept. 23
You might go overboard with your ideas about redecorating today. To be safe, wait a day or two to see if you still want to go ahead with your plans.

Libra Sept. 24 - Oct. 23
You might spend a lot of time today daydreaming or lost in fantasies. This makes it hard to concentrate and focus. Oh well — we all need a mental-health day every now and then

Scorpio Oct. 24 - Nov. 22
This is a poor day to make important financial decisions, because your mind is a bit fuzzy and full of wishful thinking. Be careful, and remain realistic.

Sagittarius Nov. 23 - Dec. 21
Relations with others are a bit unstable today. Instead of dealing with what is, you are more inclined to deal with how you wish things would be. Keep your feet on the ground.

Capricorn Dec. 22 - Jan. 20
Something going on behind the scenes might confuse you today. In fact, this confusion could create problems in a relationship.

Aquarius Jan. 21 - Feb. 19
Don't expect too much from others today, especially a friend or a member of a group. Many people are full of unrealistic demands today, which only leads to problems.

Pisces Feb. 20 - March 20
Be realistic when it comes to your relationships with authority figures today, even though you might feel great admiration for someone. You might even have a crush.

CONCEPTIS SUDOKU by Dave Green

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6	2	8	3	5	4	1	7	9
5	1	4	6	7	9	3	2	8
1	6	7	4	8	3	5	9	2
2	8	9	5	1	6	4	3	7
4	3	5	2	9	7	8	1	6
7	4	2	1	3	8	9	6	5
8	5	1	9	6	2	7	4	3
3	9	6	7	4	5	2	8	1



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